ROE

- Have pen and paper ready for information
- Full attention expected
- Questions taken after completion of each section
- Be prepared to look at yourself and others in a mature way
- Avoid the “won’t happen to me” trap

Don’t Marry a Jerk !

Or

“How to save yourself a great deal of money, heartache and stress”

Start with the facts

- Q: How many have had friends not listen to you when you tell them they’re dating a jerk?
- The reason? Attraction:
  - To the image of their body
  - To the image of their money
  - To the image of their status
  - To the image of their being safe
  - To the image of their providing stability
  - To the image of common interest
  - To the image of “excitement/fun”
  - **But, image fades**

You've seen it in friends …

- Attraction leads to excitement and hopes for a relationship and commitment

Relationship: *n* (17th century) a connection or binding between willing participants that exists by mutual agreement and initial mutual demonstration of equality.

Commitment: *n* (1621) an agreement or pledge to do something in the future; an obligation to something pledged

“love” (small “l”)

- The attraction, hope for relationship and desire for commitment blinds reality
- You get an illusion the person is perfect (no matter what others say)
- You start to dream of life together forever
- You know it “will last forever”
- You say you’re “in love”

- Falling in “love” is not an act of the will or a conscious choice --- you cannot make it happen, it can overtake you at any time
- Falling in “love” is lust not Love because it is effortless --- long phone calls, gifts, etc. is caused by the rush of emotions not thought
- Falling in “lust” means there no true interest in helping the personal growth of the other person
- “lust” is immature and dangerous *The average life span of “lust” can be up to 2 years before the unrealistic obsession ends.*

Definition

- Love: *n* (12th century) The display of unselfish, loyal and honest concern for the good of another over your own. Love is proven by actions not words.
- Sex *does not* equal Love: Love *does not* equal Sex
- What you really want is intimacy
- Intimacy: *n* (12th century) A closeness with another that features pure trust, openness, and proven sense of care for each other.

  -- Intimacy is what exists in great relationships

Stages of Intimacy

- Eye to body
- Eye to eye
- Voice to voice [at least 3/6/12 rule]
- Hand to shoulder
- Hand to hand
- Hand to waist
- Lips to cheek
- Lips to lips
- Hand to hair (if married repeat steps x3 wk)
- Hand to breast/genitals
- Mouth to breast/genitals (UCMJ consideration)
- Intercourse

Questions/Answers

Next section: Group exercise

(5 Min exercise)Work in teams

- Male Airmen
- Get in groups of not larger than six and list top three examples of a girl you know is dangerous to have a relationship with
- One person write them down and turn them in

- Female Airmen
- Get in groups of not larger than six and list top three examples of things guys do that make you think they are stupid about relationships
- Turn in your group’s answers

Straight talk

- A message to the Female Airmen
  - (and the males can listen in - quietly)

Questions/Answers

From Female Airmen

Straight talk

- A message to the male Airmen
  - (and the Females can listen - quietly)

Questions/Answers

From Male Airmen

Red Flags for relationships

- Avoids telling you about their past or present life
- Pushes for quick involvement/exclusive relationship
- Overly dependent (on you or their family members)
- Excessive alcohol or drug use/abuse
- Not emotionally finished with former relationship (ex-spouse/ex-lover)
- Controlling (interrogates you, makes you ask permission to do things, limits you having friends)
- Unrealistic expectations (expects you to meet their needs)

More Red Flags

- Has negative or pessimistic outlook on life
- Sarcastic humor toward you and/or others
- Lazy/doesn’t not take care of self (diet, appearance, work ethic)
- Won’t take feedback from you without getting defensive or mad
- Sudden mood swings
- “Playful” use of force
- Displays inappropriate anger
- Won’t seek mental health when they need it
- Hits you and/or calls you names (or has history)

Green flags means go (slowly)

- Comfortable with telling you “what they’re thinking/feeling”
- Good relationship with their family
- Respects your physical and emotional boundaries and reveals information about themselves gradually
- Not wrapped up in things that take time attention away from you (hangin’ with friends over you)
- Financially stable
- *Wants* to be with you, doesn’t *need* to be with you

Green flags (may be a winner)

- Comfortable with themselves, doesn't require a lot of attention from you or others
- Reliable
- Takes responsibility for their life, feelings and consequences without blaming others
- Doesn't make any demands or threats
- Interested in who you are, helping you reach your goals, not just what's in your pants

If you move toward marriage

- Go slow – time lets you learn
- Premarital counseling is the sign of a mature relationship - prove it to each other
- Make sure you are treated equal and you feel equal
- Question your motives/question theirs
  - Don’t move forward unless you can do it boldly
- Opposites attract or attack ??
  - It’s fun for awhile then the opposites get on your nerves

More on that stuff

- Insist on full financial disclosure
- Research their life – you know yours, know theirs
  - Family influences on their beliefs and actions
  - Friends they keep are a mirror to who they really are
  - How they act in different settings (i.e. not in Tech School with its stresses)
- Listen to those who know you!
- Know your motive for marriage (intimacy, not just companionship)
- Study them more than ever before entering a legal/emotional tie of marriage

- “Marry the right person. This one decision will determine 90% of your happiness or misery”
  - H. Jackson Brown Jr.
- “Marriage is your taking action instead of praying, hoping, blindly trusting that your investment of time, emotions, money will lead to a commitment”
  - Capt Franklin Swayne, LISW, BCD

Married in the Military

- The most common reasons for failed marriages during Tech School (Survey of 30 bases):
  - Unrealistic expectations of each other/marriage
  - Don’t know how to communicate/disagree
  - Quick marriage (thought they “knew” the real person)
  - Selfish (married to get out of the dorms, get Sep rats, or for sex, or to have a servant)
  - Financial pressures
  - Don’t share common beliefs
  - Marriage based not on commitment and trust but on lust and entrapment – having a child to force the other to stay
  - Young age of one or both of the couple

What if I’m a jerk or have one?

- Work on it with those who’ve been there, done that, know the solutions ….
- Chaplains *(fishbowl)*
- Family Support Center *(fishbowl)*
- Family Advocacy Program *(Sablich ctr)*
- Life Skills Support *(triangle clinic or Medical Center)*
- *Get phone numbers from Student leaders or MTLs*

Questions/Answers

Open forum

Don’t Marry a Jerk

- Brought to you by the Members of the Keesler Integrated Resource Team